



**2020 GYM FOR ALL TECHNICAL ASSEMBLY AGENDA**  
**SATURDAY NOVEMBER 5, 2020**  
**Virtual via Zoom at 8:00PM**

1. Welcome and Attendance

- Karlee Lemmerich (Calico) – 3 votes
- Megan Bialowas (RRGC) – 3 votes
- Julie Levasseur (Independent) – 0 votes
- Taya Browning (Independent) – 0 votes
- Brenda Lanois (Marian) – 3 votes
- Chelsey Salmaso (Can-Am) – 3 votes
- Amber Jones (Amazing Adventures) – 3 votes
- Kara Thorpe (Independent) – 0 votes
- Jamie Benson (Gym Sask) – 0 votes

2. Review and acceptance of 2019 GFA Technical Assembly Minutes

- Sent out to GFA committee
- Motion to accept minutes: Kara Thorpe
- Second: Julie Levasseur

3. Technical Regulations 2020-2021 Review & Discussion

- Put up a copy of the Tech Regs, went through them and no changes

4. Mass Routine

- We had a virtual Mass Routine workshop with 13 attendees. It went alright, not the same as in person though. Megan Bialowas instructed the new Mass Co-Resistance routine, Kara Thorpe Mass Teddy, Kendra Embury Mass Ball and Julie Levasseur Mass Stick
- Are they being performed at events? Yes, at Provincial Gymnaestrada and at club events (Winter Show, Club Day)
- Are clubs teaching them to their athletes? Yes, Rhythmic clubs are
- We have quite a few less performance RG clubs than we used to in the past. What can we do differently to expand their reach to other clubs?
  - One idea was to teach the routine at an Artistic Training Camp to be used as a warm-up/cool down
  - Another idea was to make a compilation video, with clubs doing parts of the routine and piecing it together to make a video of the full routine.
    - Give clubs until a certain date to submit their routine and make it a year end celebration video
  - Or an Instagram/Tick Tock Challenge – 30 sec videos, incorporate a prize
- People are not applying anymore to create them (I am getting 1 application a year), so do we reach outside of our gymnastics community to find a choreographer or do we target someone from an artistic club to create one?
  - Maybe a dance teacher, Zumba instructor or exercise dance instructor



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5. Active Start Programming

- Not sure if it is the time to start with Newsletters now? (Seniors, Adult, Acro, Performance, Mental Health, Active Start)
  - Consensus was not right now. Clubs are not looking at new programming right now, just trying to manage all the changes.
- Help with how to teach skills without spotting would be helpful

6. Recreational Programming

- No CanGym development for the foreseeable future
- Ideas for breaking down skills would be helpful
  - 21 steps to a cartwheel or roundoff
  - Videos are the easiest to learn from

7. Inclusive Programming

- How can we reach out and make gymnastics more inclusive (persons with disabilities as well as Indigenous people and new comers to Canada)
- Initiatives?
- Workshops (many online now that we could make our coaches aware of)
  - FASD
  - Truth & Reconciliation
  - Sask Polytech – Challenging Behaviors
  - How to coach without spotting – Jamie to ask Karley if there are notes from this event that Manitoba ran
- Documents?
- Organizations
  - Open Door Society

8. Covid Programming

- Home school groups in bubbles
- Mini Adventures once a month to get kids into the gym but not have to commit to a whole session (under 5 years)

9. Parkour

- Share videos in our Sask Gym for All Coaches Facebook group

10. Challenge Cup

- Typically, first weekend in May, the way things are going now it does not seem like we
- Look into hosting this event as a Virtual Challenge Cup 24<sup>th</sup> year
  - Teams would record videos in their own gym and submit
  - Routines would be adjudicated
  - Could host a virtual party to announce the cup winner!

11. Provincial Gymnaestrada/TSG

- PG is workshop based for 2021 (Zumba, yoga, etc)
- Look into virtual option for submitting routines, set a deadline to submit



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- Have workshops, but participation could be done at home
- Could have a virtual watch party to watch the Gala

12. Club Networking

- Directory
  - Identify experts in different area
  - Make a contact list with permission
    - Kara has a template she will send to Jamie
  - What would be a good type of forum to use to ask questions and gather information
    - Previous forum type platforms have been underutilized, so starting with a contact list might be a good idea before worrying about a forum

13. Coaching Courses

- Starting to offer in person courses, talked about upcoming courses
- All courses are on the Amilia Gym Sask store
  - Link can be found through Gym Sask website on the coach course events on the calendar

14. Recreational Coach Workshops

- Workshop ideas
  - motivational workshop
  - Promote GCG True Sport module

15. Elect a Member for the GFA Committee

- Brenda Lanois's 2-year term has expired, didn't receive any applications/nominations
- Brenda has agreed to stay on for another term

16. New Business

- No new business

17. Next GFA Committee Meeting

- January 2021

18. Adjournment

- Motion to adjourn: Megan Bialowas
- Second: Kara Thorpe